

BETWEEN STOPS

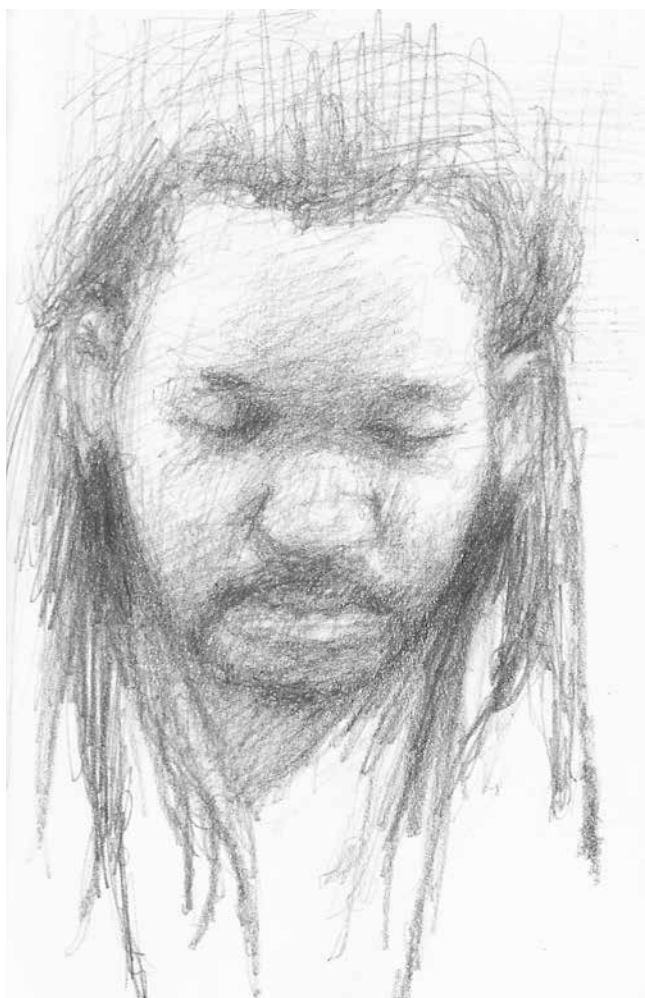
Robin Kappy, LCSW

A subway car carries lifetimes of experiences. Sounds give way to visual acoustics; tones born of the changing light illuminate the tilt of a young woman's head, the gesture of the doorman's body at the end of a workday.

As a psychotherapist, listening affords me the privilege of reflecting things that are formulated from a depth of experience. As a portrait artist, similarly, I respectfully regard the whole person across from me, as we pause between stops: sitting, reading, napping, observing...drawing. A quietude occurs in the otherwise noisy subway car. My pencil touches a fresh page in my palm-sized sketchbook, as my felt-sense of the person travels through my hand and magically appears as a record of my experience.

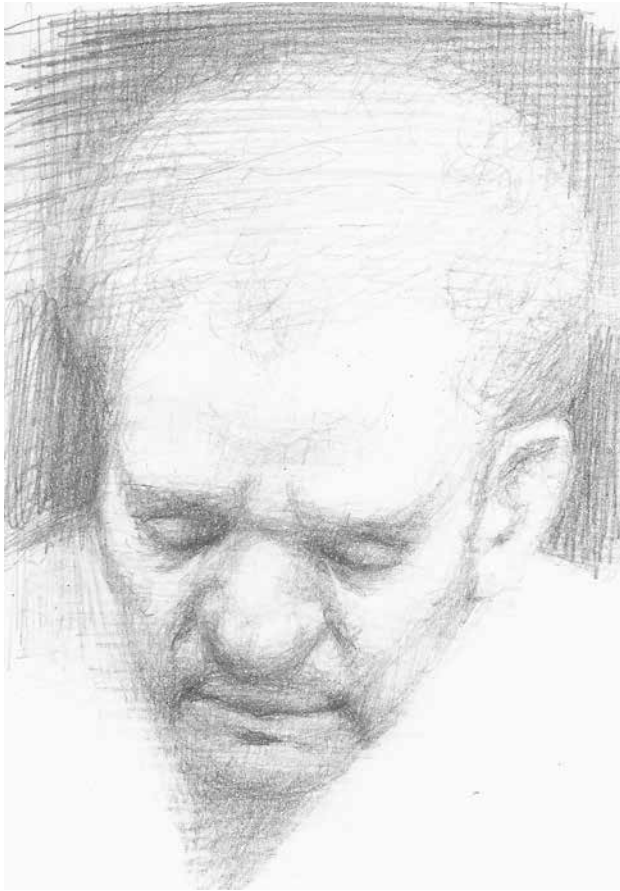
Here are a few samples of the hundreds of quick portrait drawings I have of travelers between subway stops over several years. The drawings often take no longer than four or five minutes, yet represent whole lives.

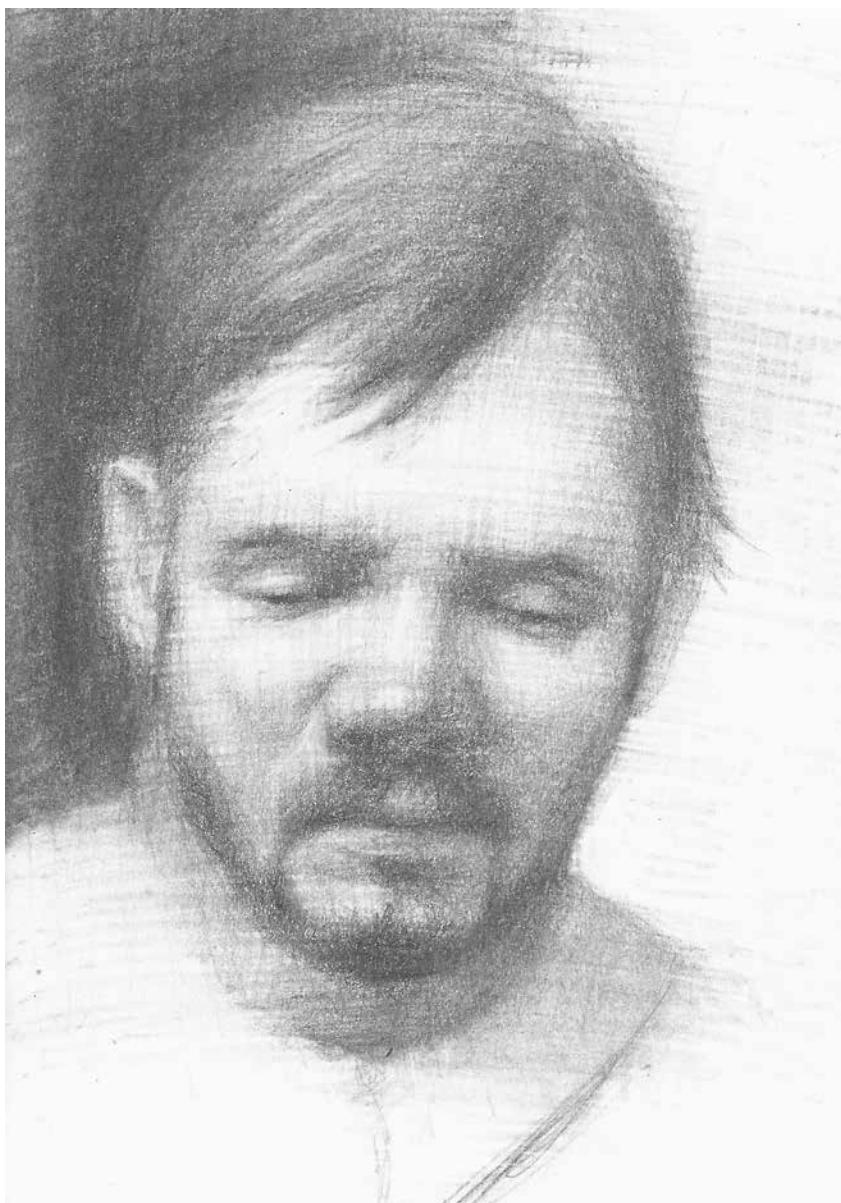






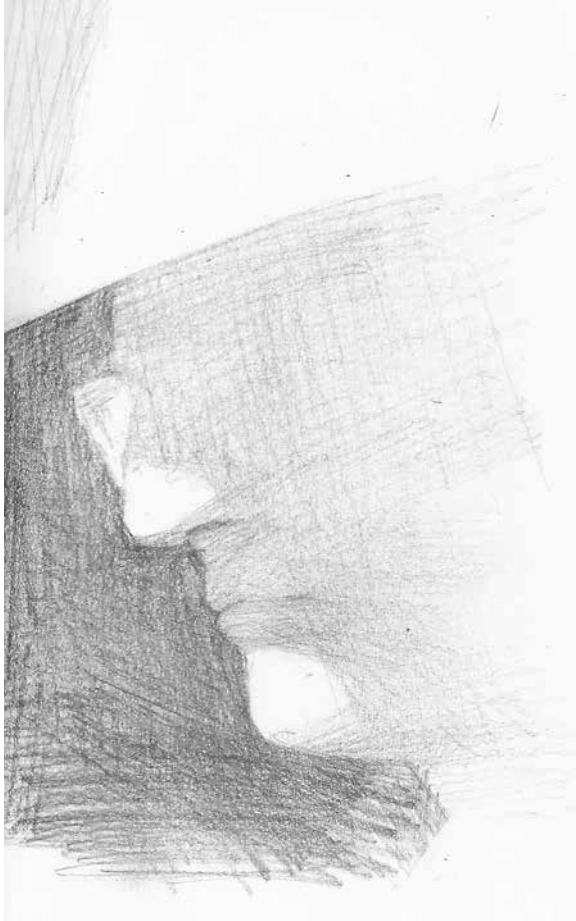


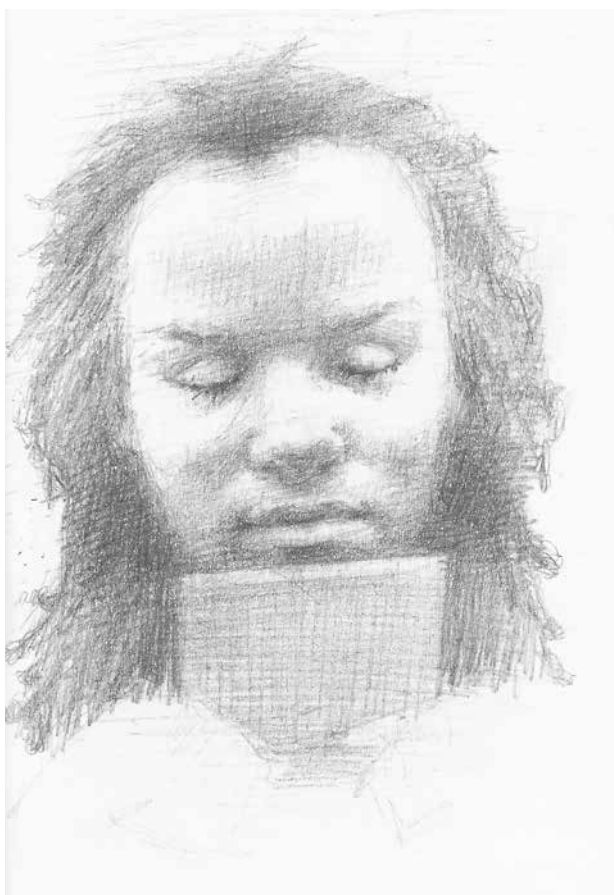




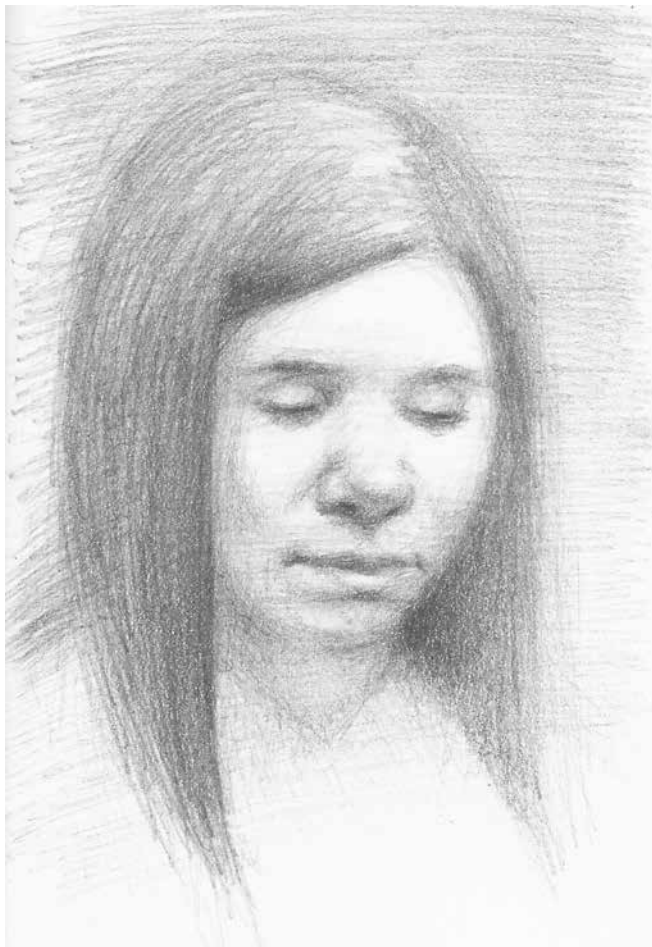














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Robin Kappy, LCSW, is a certified Focusing Oriented Psychotherapist, supervisor and visual artist, with Focusing being central to all of her work. Specialties include anxiety, depression, relationships and creativity. In addition to Focusing Certification, she is trained in Relational Self-Psychology and EMDR. Her published essays detailing how beauty and the creative process has deepened her work and informed her life and work as a psychotherapist have been very well received. Her drawings and paintings have won awards and appeared in numerous venues, including the National Arts Club in New York City. She can be reached at www.creativefocusing.org or at robinkappylcsw@verizon.net. More samples of her art may be seen at www.robinkappy.blogspot.com.